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## Traffic circle finished

**ROUNDAABOUT** The new traffic circle at south of Glenmore Trail and 37 Street SW is now complete, according to the City of Calgary Transportation Department.

As a part of the project, the Glenmore eastbound left-hand lane turn has been removed and drivers are directed to the roundabout on 37 Street.

It's the first phase of a re-development of the intersection, ultimately leading to a new interchange. **METRO CALGARY**

## News on the Move

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## Entertainment pg 15



Will women forgive David?

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More than 8,000 people took to the streets on a chilly autumn day in Calgary for the 12th annual CIBC Run for the Cure. Despite the snow and cold, runners came out and raised nearly \$1.25 million.

# In pursuit of a cure

Thousands run to raise money for fight against breast cancer

**SAMANTHA YAMNIUK**  
for Metro Calgary

**It was cold and snowy, but that didn't stop more than 8,000 Calgarians from coming out and making a difference in the fight against breast cancer.**

Yesterday's CIBC Run for the Cure, put on by the Canadian Breast Cancer Foundation, is the largest single-day fundraising event dedicated to breast cancer research, education and

awareness.

"It's because of people like you, and what you're doing today, that I can stand before you as an eight-year breast cancer survivor," spokesperson Brenda Moon told the crowd.

Canadians in 56 sites across the country woke up early to walk or run one or five kilometres.

In Calgary, people of all ages and athletic abilities donned pink wigs, bras, hats and scarves for the occasion with the goal of rais-

ing \$1.8 million. In the end, nearly \$1.25 million was collected in Calgary.

"This is the next best thing to a wig," said volunteer Kathy Jones, as she coloured her hair with pink hairspray.

Two-time gold-medal winner Catriona Le May Doan brought her daughter to the event and spoke about her hopes for future generations being free from breast cancer.

"We're out here for one cold morning so that these

men and women who fight this battle every day know that there's a ray of light," Le May Doan said.

Ald. Ric McIver was also moved by the gathering.

"This is one of the things that makes the city a great place," McIver said, as many cheered. "It's people helping each other out."

One in nine women will develop breast cancer during her lifetime, but with innovations being made in treatment, the five-year survival rate is 87 per cent.

## Stelmach denounces activists

**KRISTA SYLVESTER**  
[krista.sylvester@metronews.ca](mailto:krista.sylvester@metronews.ca)

**OILSANDS** Premier Ed Stelmach is accusing Greenpeace activists of trying to put Albertans out of work with their latest actions against the province's oilsands.

His comments come after another act of dissent from the environmental group, which has invaded three Alberta oilsands sites in three weeks, most recently occupying the Shell Scotford upgrader near Fort Saskatchewan, just north-east of Edmonton, this past weekend.

"These individuals want to put Albertans out of work — Canadians out of work. They want to bring down the quality of life," Stelmach said, adding he is concerned the protestors are putting themselves and others at risk.

"Albertans don't need to be lectured on their responsibilities by tourists."

Stelmach said the province will work with energy companies to review security in light of the recent protests and vowed acts of disruption will not be tolerated.

Greenpeace spokesperson Jessica Wilson said 16 activists were arrested, including nine who were taken into custody at 5 a.m. yesterday.

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# Local



## Stampede names its queen

The Calgary Stampede crowned three 2010 volunteer ambassadors for the Greatest Outdoor Show on Earth yesterday. Calgary Katie Rochon, 21, was named Stampede queen and Kirstie Rougeau, 21, and Janelle Phillips, 24, were named princesses during the wrap-up for the Canadian Rodeo Tour Championship at the Stampede Corral. **METRO CALGARY**


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What's online today.

**Video** Stephen Harper does his best Ringo Starr for a black-tie gala in Ottawa at [metronews.ca/canada](http://metronews.ca/canada)

### Lotteries

Friday, Oct. 2  
 Lotto Max: 8, 27, 28, 29, 31, 32 & 35. Bonus 11.  
 Saturday, Oct. 3  
 Lotto 6/49: 14, 19, 27, 32, 45 & 49. Bonus 34.  
 These results are not official.

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## City looks for snow bucks

Before too much snow hits the ground, a city alderman said he thinks council needs to re-prioritize city expenditures to allocate more money to the city's snow-removal budget.

Ward 12 Ald. Ric McIver said before October is over city council will be looking into allotting more funding for snow removal, but believes the money will have to come from somewhere else.

"A lot of Calgarians would like to see more money go to snow removal, but a lot of Calgarians don't want their taxes increased to pay for it," McIver said, adding he supports council looking at other options.

"I think citizens would be a lot more supportive for an increase to snow removal if the money came



Calgarians like Leiko Masuhiro are bracing for more snow after the first dump of the year hit Calgary this weekend. The city is also preparing, with a possible cash injection to the city's snow removal program.

from something less important, and that's what council will have to discuss."

While snow started early

this year, the budget depends on the amount, not the timeliness, McIver added.

"Obviously, the earlier

the snow starts the more likely it is the city will see more snow."

Despite the early snowfall, city Roads spokesperson Sean Somers said crews were well-prepared on Friday by salting the bridge decks as a pre-emptive measure.

"We're usually ready to go by October so we do what we normally do. With the first snowfall it's a little challenging for motorists, but they just need to slow down," Somers said.

## Fourth suspect arrested in triple murder

**CRIME** Police have arrested a fourth and final suspect in the New Year's triple homicide that left an innocent bystander dead.

On Jan. 1, 2009, Kenny Su'a was gunned down near a Calgary restaurant in which known gang member Sanjeey Mann and his associate, Aaron Bendle, were also killed.

Nicholas Rodrigo Hovanesian, 24, was arrested by a rookie Lethbridge police officer at the Roadhouse Bar in Lethbridge around 3 a.m. Saturday morning after allegedly threatening the bar's staff.

Three other men have already been arrested and charged with the homicide.

**METRO CALGARY**

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**Poultry producers agree to commercialization of rare chicken**

There are thought to be only 2,000 Chantecler chickens alive, with the majority of them in Quebec. Three organizations representing Quebec's egg and poultry producers recently signed an agreement to allow limited commercial production of the Chantecler. **THE CANADIAN PRESS**

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# Canada



## Out of this world milestone marked

Canada is marking a space travel milestone today: it will be a quarter-century since the country's first astronaut blasted into space. Marc Garneau hitched a ride aboard the now-infamous Space Shuttle Challenger on Oct. 5, 1984, beginning an eight-day mission. Garneau, now a Liberal MP from Montreal, says he's surprised with how far space travel has come. The anniversary coincides with another first — Guy Laliberte, a Canadian circus billionaire who is preparing to stage a concert from space next week, is Canada's first space tourist. **THE CANADIAN PRESS**

## Watchdog chair's days numbered

**MILITARY** The Harper government will not re-appoint the chairman of an embattled military watchdog agency.

Peter Tinsley has been told his leadership with the military complaints commission will be allowed to expire and it will likely end before a probe of Afghan prison torture is completed.

Defence Minister Peter MacKay wrote Tinsley, a respected former international war crimes prosecutor in Bosnia, that his position will not be renewed; he'll be replaced when his term comes to an end on Dec. 11. **THE CANADIAN PRESS**

## Ignatieff reaches out to Quebec

**POLITICS** Liberal Leader Michael Ignatieff reached out to his Quebec caucus today in a speech aimed at inspiring party unity and presenting its vision on the economy, health care and social justice.

He also took shots at Prime Minister Stephen Harper for cuts to arts funding, his environmental record and his management of the economy.

Federal Liberals presented a united front as the Quebec wing gathered for its biennial convention in the provincial capital, despite the conspicuous absence of former

lieutenant, Denis Coderre. **THE CANADIAN PRESS**

## Montreal Dogs at communion



Alexa Nadeau receives communion with her dog Christy, at Christ's Anglican Church, yesterday in Montreal. The church is running a project that allows worshippers to bring their dogs.

## Tories need exit strategy: Ex-PM

**ECONOMY** The Harper government has created a structural deficit and now needs to outline a clear exit strategy, says former prime minister and deficit-slayer Paul Martin.

Martin, speaking to reporters after a speech to a global economic conference in Waterloo, Ont., yesterday, said his government left behind a \$13 billion surplus and the Conservatives whittled that

### Deficit update

• Finance Minister Jim Flaherty recently updated his estimates for the deficit for this year, raising the number by more than \$5 billion, to a projected \$55.9 billion from \$50.2 billion.

down to nothing before the recession even hit. "That surplus was wiped

out and more before a penny was spent on stimulus spending," Martin said.

If the surplus had been left untouched, there would have been enough money in Ottawa's coffers to cover billions of dollars of stimulus spending without going into deficit, he added. Much of the deficit reflects higher government stimulus spending to fight the recession. **THE CANADIAN PRESS**

## Church's note talks on pain

Clergy's address calls for unity as ex-bishop faces child porn charges

PAUL MCLEOD  
Metro Canada



**Catholics across Nova Scotia were given a very personal, very anguished message when they went to church yesterday from the Archbishop of Halifax.**

All eyes have been on the church since former bishop Raymond Lahey of the Diocese of Antigonish was arrested and charged in Ottawa last week with possessing child pornography.



Anthony Mancini

Archbishop Anthony Mancini of Halifax, who has been appointed the apostolic administrator of the Antigonish diocese, discussed the scandal in a letter to be read in every Catholic church in the province yesterday. At Saint Mary's Basilica in Halifax he read the letter himself, which openly deals with him questioning his faith.

"Enough is enough! How much more can all of us take?" he read.

"Like you, my heart is broken, my mind is con-

**"Enough is enough! How much more can all of us take?"**

Halifax Archbishop Anthony Mancini

fused, my body hurts and I have moved in and out of a variety of feelings, especially shame and frustration, fear and disappointment, along with a sense of vulnerability and a tremendous poverty of spirit."

He questioned why God let it happen, what it could mean, and whether this is "a time of purification or is it nothing more than devastation."

He ultimately urged Catholics to come together.

Outside after the service, a few parishioners said they were not reassured and said Lahey's alleged crimes are unforgivable.

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**California and Arizona wildfires scorch 4,500 acres**  
A wildfire that charred 14.2 square kilometres of California's San Gabriel Mountains continued yesterday. In Arizona, residents remained evacuated as fires burned 1,000 acres. **THE ASSOCIATED PRESS**

# World

## Deadly day for U.S. in Afghanistan

**Hundreds of insurgents armed with automatic rifles and rocket-propelled grenades stormed a pair of remote outposts near the Pakistan border, killing eight U.S. soldiers and capturing more than 20 Afghan security troops in the deadliest assault against U.S. forces in more than a year, American military officials said yesterday.**

The fierce gunbattle, which erupted at dawn Saturday in the Kamdesh district of mountainous Nuristan province and raged throughout the day, is likely to fuel the debate in Washington over the direction of the troubled eight-year war.

It was the heaviest U.S. loss of life in a single battle since

### Statement

• Afghanistan is not in imminent danger of falling to the Taliban, U.S. President Barack Obama's national security adviser said yesterday. Retired Gen. James Jones' comments came hours after the attacks that killed eight Americans.

July 2008, when nine American soldiers were killed in a raid. Gen. Stanley McChrystal, the top U.S. and NATO commander in Afghanistan, plans to shift U.S. troops away from remote outposts that are difficult to defend and move them into more heavily populated areas as part of his new strategy to fo-

cus on protecting Afghan civilians. The Taliban claimed responsibility for the attack. Canadian NATO spokesman Brig. Gen. Eric Tremblay said the assailants included a mix of "tribal militias," Taliban and fighters loyal to Sirajuddin Haqqani, an al-Qaida-linked militant based in sanctuaries in the tribal areas of Pakistan near the Afghan border.

**THE ASSOCIATED PRESS**

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## Philippines hit by deadly storm again

**TYPHOON** Landslides buried two families in the Philippines as they sheltered in their homes from Asia's latest deadly typhoon, which killed at least 16 people and left more than a dozen villages flooded yesterday.

Typhoon Parma cut a destructive path across the northern Philippines Saturday but spared the capital, Manila. It headed out to sea, and last night was hovering less than 100 kilometres off the coast, where it was expected to stay for the next three days, forecasters said.

That was close enough to Taiwan to cause heavy rain on the island, where troops



Residents travel by boat amidst flooding south of Manila.

were evacuating villages.

Philippine Police Senior Supt. Loreto Espineli said a family of five died when their home in Benguet was buried as Parma hit. Seven

people were also buried in a nearby village, he said.

Parma hit just eight days after a storm hammered Manila, killing almost 300 people. **THE ASSOCIATED PRESS**

## Senior al-Qaida leader releases video of eulogy

**AL-QAIDA** Al-Qaida's deputy leader in a video released yesterday paid tribute to a senior militant who was held in U.S. secret prisons and once gave information about links between the terror group and Iraq that was later deemed false.

In his 10-minute video, Ayman al-Zawahiri eulogized Ali Mohammed Abdel-Aziz al-Fakheri, a Libyan militant with the nom de guerre of Ibn al-Shaykh al-Libi. The militant

reportedly hanged himself with bedsheets in his prison cell in Libya in May, according to a newspaper with ties to Libyan leader Moammar Gadhafi's son.

In the video, Al-Zawahiri accused U.S. President Barack Obama of killing al-Libi and demanded the U.S. "apologize and pay financial and moral compensation" for those who have been detained in secret prisons.

**THE ASSOCIATED PRESS**

### News in brief

**ELECTION** Greece's Socialists trounced the governing conservatives in a landslide election yesterday, with voters angered by scandals and a faltering economy ousting Prime Minister Costas Karamanlis halfway through his second term. George Papandreou, 57, now follows in the footsteps of his father, Andreas Papandreou — who founded his Panhellenic Socialist Movement party, or PASOK — and grandfather and namesake George Papandreou, both of whom served several terms as prime ministers.

**THE ASSOCIATED PRESS**

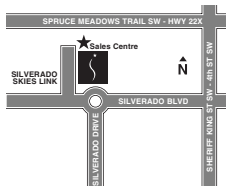
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## Comment

# Putting thanks into Thanksgiving

## HineSight



Anne Hines

metronews.ca/hinesight

Thankfulness has more to do with who you are than where you are. For instance, today is Monday. For all of us. It's October, meaning that in

most parts of this country the weather can be loosely described as "complete crapola." In spite of this, some of us are thinking, "A new week! Who knows what magical things may happen? And look, a free newspaper. Could life be any better?" Whereas others are thinking, "Yes, it damn well could."

It is simply the case that some people find it harder to be thankful than others. Normally, we call these people "pessimists" or

"Toronto Maple Leaf fans." The first step to being thankful is to consider which type of person you are. Ask yourself this question:

"If my life were a movie, what kind of movie would it be?"

Those who see their lives as a Sandra Bullock romantic comedy believe that, though there will be a kooky mix-up and all will seem lost two-thirds of the way through, ultimately life will end happily and

your hair will look great. These people find it easy to be thankful.

If you picture your life as a Bruce Willis action movie, then you may see the world as a place where good always triumphs over evil and poor acting and questionable plot-lines will always be graciously overlooked by others so long as you make enough things blow up. You also are a thankful person. A little scary and delusional perhaps, but thankful.

If you see your life as one of those arty foreign films in which everyone sits around intoning, "We must go to Moscow," and the entire thing is shot from the perspective of a three-week old loaf of pumpernickel bread, it may be harder for you to see life as something to be thankful for. In fact, you should forget about thankful and just seek help. Now.

So, can those of us who are gratitude-ily challenged still enjoy Turkey Day?

Absolutely. Simply change your outlook by repeating one of these mantras:

"Sure things are bad, but I'm way better off than that turkey."

"My relatives are charming and cranberry jelly mold is my favourite dish."

"I don't have to do this again until Christmas."

Happy Thanksgiving!

Anne Hines is an author and humour writer. She has written three novels and one collection of nonfiction humour.

## Views

# Plan It far from 'pie-in-the-sky, utopian' plan

## InTransit

Adrienne Beattie

metronews.ca/intransit

All that is wrong with our city was demonstrated in the Plan It process which wrapped up last Monday.

The 60-year growth plan received a long-awaited stamp of approval and has the potential to strategically align the economic, environmental and social interests of our city. In doing so, Plan It has more potential than anything else to unburden many of our transportation woes.

We've burdened ourselves with jammed up expressways, car-dependent suburbs, and largely inef-

fective and unreliable public transit because of our attitudes — the same ones evidenced during the Plan It process.

The first problem is most Calgarians think like Myke Thomas, Calgary Sun columnist and Plan It naysayer, who, in an April 7 column, labelled the plan, "an impossible, pie-in-the-sky, utopian vision."

He warned Plan It would wreak havoc, "significantly raising the cost of housing, making traffic problems worse rather than better and turning our city into an unattractive place to live and do business."

He's wrong. Plan It, along with its sensible and proven carpool lanes, transit-oriented development and pedestrian- and bike-friendly infrastructure, set out to save taxpayers \$11.2 billion in roads, sewer

lines, fire halls and other sprawl-related infrastructure.

The second problem is we blindly follow, rather than question, businessmen like Dennis Little, a representative for Calgary chapter of the Canadian Home Builders' Association, who argued curtailing sprawl is "an aggressive market intervention we believe doesn't serve well the citizens of Calgary."

He failed to mention current market interventions that, according to the city's 2009 Cost of Growth Review, subsidize the Greenfield development industry \$150 million for every 1,000 hectares of new subdivisions developed.

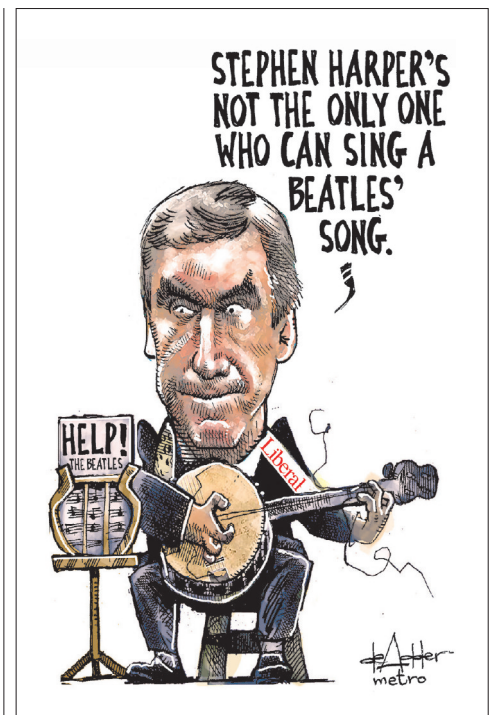
The third problem is Calgary is swarming with NIMBYs.

Nobody seems to want to live amongst secondary suites, transit-oriented development or economically diverse neighbourhoods; but we all want to be able to drive to work in 10 minutes.

The last and most unacceptable problem is our city council is not transparent. Plan It now has lower intensity targets because the development industry was granted a closed-door, last-minute meeting.

If we don't change our thinking, all that is good in Plan It will go to waste as we drive around in circles, repeating the same mistakes that have gotten us into the sprawling mess we're in.

Adrienne Beattie is a Calgary-born writer who has covered urban issues since 2001 and has an English degree from the University of Calgary.



MICHAEL D. ADAIR

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**Keep a lid on your heat**

If you have a wood-burning fireplace or stove, make sure the damper fits tightly and keep it closed when there's nothing burning. Otherwise, huge amounts of heat will pour up the chimney. **TORSTAR NEWS SERVICE**

7

# Going Green

## Chuck those baby wipes

Most baby wipes contain propylene glycol, a derivative of natural gas and hormone-disrupting parabens, according to Gillian Deacon's Green for Life. Instead, try wiping your baby with small washcloths and warm water.

**TORSTAR NEWS SERVICE**



# Bundle up: It's time to save on heat

## EarthTones

**Sophia Dore & Andrew Laursen**



metronews.ca/earthtones

The leaves are turning, the Leafs are losing, turkeys are on sale at the grocery and there is a nip in the air. These are all sure signs that fall is here. This means that it is, or will be soon, time to turn on the heat. This seems like a good time to examine what we can do to reduce the amount of heat-related energy we use this winter.

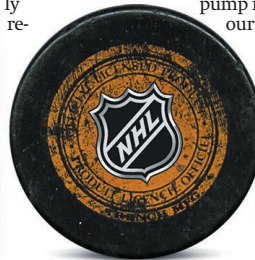
The first thing is to make sure your furnace is in good working order. Having a dirty filter slows the passage of air through the furnace so a furnace with a

clean filter operates more efficiently than one with a dirty filter. Also, like a car, keeping all the moving parts in a furnace clean, lubed and "tuned up" also adds to the efficiency and subtracts from your energy bill.

For us a key tool for energy conservation is a programmable thermostat. These ingenious little devices mean that you no longer have to remember to turn the heat down before you go to bed or go out for the day. Plus, and this is huge, it means that you can wake up to or come home to a warm house. If you have a regular routine (get up, go to work, etc.) simply program the thermostat to have your house warm for you when you get up, cool it down again when you go to work and then have it warm

again when you come home. Many models can be set with a different program for week days from weekends since requirements may be different for those days. Some can even be set for different programs for each day of the week, if your life and schedule are that complicated. All thermostats also have manual overrides for when you step outside your routine. When used properly programmable thermostats can significantly re-

Set your thermostat as low as possible



duce energy use and heating bills. Plus they are not that hard to install or program.

Thermostats should also be set as low as possible (within the limits of comfort). Not higher than 21 degrees Celsius is suggested for the daytime (when you are home) and 2-3 degrees lower at night. Obviously the health and age of the occupants of a home will play into that decision, but we should try to go as low as we can.

Another energy saving device is the ceiling fan. As we know, hot air rises therefore the heat we pump into our

rooms can end up near the ceiling while we shiver in the cooler air below. A ceiling fan can move this hot air around and redistribute it into the room.

Lower tech energy saving tips include blocking drafts. If you have older windows and don't see yourself springing for new well-sealed ones this year consider sealing them with plastic. You can buy these window sealing kits in hardware stores. It doesn't look great at first but in a couple of days you won't even notice it and you will be warmer. Blinds and thick curtains are also good for sealing in heat, especially at night. Don't heat un-

used space: close doors to and vents in rooms that are not used or curtain off unused areas. Saving energy used for heating lets us actively participate in conservation and also save money. So dig out the sweaters and bundle up, and have a warm, safe, and less costly winter.

used space: close doors to and vents in rooms that are not used or curtain off unused areas. Saving energy used for heating lets us actively participate in conservation and also save money. So dig out the sweaters and bundle up, and have a warm, safe, and less costly winter.

Sophia Dore is an environmental scientist with Conestoga-Rovers & Associates. Andrew Laursen is an assistant professor at Ryerson University; earthtones.metro@gmail.com.

## Torch relay could create Olympic-size carbon footprint

**FLAME** The fuel feeding the 2010 Vancouver Olympics flame won't be the only thing burning when the torch relay begins at the end of October, with its 45,000-kilometre journey by air, land and water into every corner of Canada generating its own share of carbon emissions.

But the chance to include the entire country in the excitement of the 2010 Vancouver Olympics will be worth the environmental impact the relay might have, the B.C. cabinet minister in charge of the Games said.

"The 2010 Winter Games that are coming to Canada, it's a big deal, and it's not just Vancouver's Games," Mary McNeil, the province's secretary of state for the Olympics, told reporters.

"This is a huge opportunity for us," McNeil said.

She acknowledged that the relay will have an impact, but she said it's also a chance to lead by example

as Olympic organizers and sponsors find ways to reduce their impact on the environment.

"It also is a good opportunity for us to create public awareness, to get out there and say, 'We do have an issue, we need to be environmentally sustainable,'" McNeil said.

"Sometimes you need large events in order to get the message out."

Vancouver Olympic officials say they are updating

**300,000** The 2010 Olympics are estimated to produce 300,000 tonnes of carbon emissions, from the direct staging of the Games in Vancouver and Whistler to indirect sources such as athlete and spectator travel.

their estimates of the torch relay's carbon footprint, but pointed to a report released in January 2008 by the David Suzuki Foundation. The report, using figures from 2007, put the figure at about 1,500 tonnes.

Vehicle travel represented about half of that preliminary estimate. The rest included air and plane travel for the relay, as well as travel for the torch bearers. The report estimated

that the flame itself — which will be fuelled by a blend of propane, iso-butane and hydrocarbons — will be responsible for about five tonnes of carbon emissions.

To put those numbers in perspective, the David Suzuki Foundation says driving a mid-size car for a year produces about five tonnes of carbon dioxide.

The relay will make up just a small fraction of the total emissions associated with the Games — representing about half a per cent — but it's not insignificant, said Deborah Carlson, one of the authors of the David Suzuki Foundation report.

Carlson said organizers need to ensure that both the relay and the Games are run in the most sustainable way possible, but that more importantly they should use the Olympics to bring that message to Canadians.

**THE CANADIAN PRESS**

## Route of the flame

- The torch will be lit in Olympia, Greece, on Oct. 22, and arrive in Victoria on Oct. 30 to begin the Canadian leg of the relay.
- For the next 106 days, it will travel by vehicle, plane, boat and train to visit every province and territory on a route that includes 1,000 communities and extends into the Far North.

- The Games are the first with an official carbon offset supplier, which VANOC will use to offset an estimated 110,000 tonnes of what it considers direct carbon emissions, including the torch relay. Sponsors, competing nations and people coming to watch the Games will be encouraged to buy offsets to cover the rest.



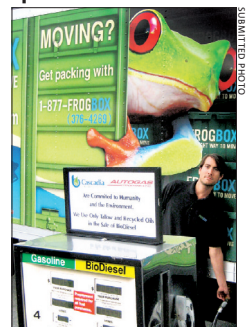
## Biodiesel beginning to gain acceptance

Clean-burning fuel made from recycled cooking grease and distressed Canola plants, also known as biodiesel, is making its way into more vehicles.

Dozens of Canadian cities are now blending it with regular diesel in their government fleet trucks and buses as a way to cut emissions. Biodiesel is non-toxic, biodegradable and produces about 75 per cent less carbon emissions than regular diesel.

Most provinces still only have a few places that sell it at the pump, but the trend is growing. The B.C. government started to gradually implement legislation at the beginning of 2009. By the end of 2010, all diesel fuel sold in B.C. will be at least a B5 blend — five per cent biodiesel, 95 per cent regular diesel.

Five per cent may seem low, but an entire network of stations, reliable suppliers and standards that don't void some engine warranties is still being worked out. Alberta, Manitoba and the federal government have plans to follow B.C.'s lead with similar



**The cost increase and limited access of biodiesel pale in comparison to supporting fuel with a 75 per cent decrease in carbon emissions, says FrogBox manager Phil Harbut.**

programs, likely with a B2 blend to start.

Stations like Autogas in Vancouver use a much higher B20 blend, made entirely from post-consumer restaurant kitchen grease. "We pay two to four cents a litre more for B20 biodiesel, and fill-up spots are still limited," says Phil Harbut, who manages FrogBox, a low waste moving supply service in Vancouver. **METRO NEWS SERVICES**

A federal appeals court in New York has ruled that a lawsuit alleging a Canadian energy company aided genocide in its pursuit of oil in Sudan was thrown out. The 2nd U.S. Circuit Court of Appeals in Manhattan agreed Friday with a 2006 judge's ruling that found there was no credible evidence to support the claims against Calgary-based Talisman Energy Inc. **THE CANADIAN PRESS**

**U.S. court throws out genocide lawsuit against Calgary-based firm**

# Business



## Cerveza stocks rise on merger talk

Mexican brewer and beverage maker Femsa's stocks have risen following the company's announcement of a possible merger of its beer business. Femsa's shares closed up 8.18 per cent at 62.53 pesos (\$4.6) on Friday in trading on the Mexican Stock Exchange. Femsa SAB says it is talking with several companies about merging but has not disclosed details.

THE ASSOCIATED PRESS

EDITOR: FERMIN.DESOUZA@METRONEWS.CA

### Business in brief

**STRIKE** Manitoba Hydro workers gathered outside the company's headquarters in Winnipeg to rally support for the first strike in the utility's 50-year history. Members of the International Brotherhood of Electrical Workers, Local 2034 — which represents about 3,000 linesmen, technicians and truck drivers — walked off the job Friday to back their demands for higher wages and a shorter contract.

**CFB TRENTON** Toronto-based contractor Bird Construction Ltd. has been awarded an

\$84.7-million fixed price contract to build a new maintenance hangar at CFB Trenton, Ont., the company's owners announced Friday. Under terms of the contract with the Crown corporation Defence Construction Canada, work on the project will commence immediately and is expected to be completed within two years, Bird Construction Income Fund said in a statement. No other details on the project were immediately available.

THE CANADIAN PRESS

## Recovery 'fragile': G7 ministers

**Finance ministers from the Group of Seven rich countries warned the recovery remains "fragile" and tried to talk up the U.S. dollar amid fears it could fall farther and disrupt the global economy.**

The officials said in their closing statement after meeting Saturday in Istanbul that decisive moves by governments had improved conditions for the world economy and financial markets.

But they warned against "complacency" since growth prospects remained "fragile" and unemployment continues to rise. They agreed it was too soon to withdraw the stimulus measures such as government deficit spending and rock-bottom interest rates that have helped restart growth.



G7 finance ministers and their bank governors pose for a group photograph at the Istanbul Congress Center in Istanbul, Turkey on Saturday.

U.S. Treasury Secretary Timothy Geithner said the United States will unwind the "extraordinary" policy measures it has taken only when conditions stabilize.

The Federal Reserve has slashed its key interest rate to near zero per cent and pumped over a trillion dol-

lars into the markets to sustain liquidity, while the Obama administration enacted a near \$800-billion package of spending increases and tax cuts to prop up the economy.

Much of the rest of the world has done likewise and the result has been the

faster than expected rebound in growth. Earlier this week, the International Monetary Fund raised its forecast for 2010 global growth to 3.1 per cent from 2.5 per cent just three months ago, largely because of these stimulus measures. **THE CANADIAN PRESS**

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## Mayors withdraw boycott

**BUY AMERICAN** Canada's mayors are withdrawing their threat to boycott suppliers from the United States in retaliation of the Buy American laws.

The Federation of Canadian Municipalities says it won't enact a resolution passed in June because municipal leaders currently see progress in talks between the two countries.

In a statement Saturday, federation president Basil Stewart said the mayors want to give negotiators in the talks the time and space to reach a successful conclusion.

"We are encouraged by the talks now underway between Canadian and U.S. officials and want to give them the time and space to reach a successful outcome," he said.

In June, the mayors passed a resolution that gave the U.S. 120 days to back down from the Buy American provisions, warning that Canadian municipalities would in return boycott U.S. suppliers.

The action was to take effect Sunday.

THE CANADIAN PRESS

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**Union workers at Bridgestone-Firestone ratify new contract**

The United Steelworkers union says its members at tiremaker Bridgestone Firestone North American Tire LLC have ratified new four-year contracts covering 4,500 workers at six tire and rubber product plants. **THE ASSOCIATED PRESS**

# Stocks to be hard-pressed to keep gains

**Stock markets could be in for some tough slogging in order to build on the sharp gains racked up practically without interruption since early March.**

The main headwinds in the short term are softer economic data, higher expectations for third-quarter earnings and the possibility that the market is overbought and needs to back off somewhat.

"I'm very cautious," John Johnston, chief strategist at The Harbour Group at RBC Dominion Securities.

"We've had this huge price gain, and the market is probably due at some point for a correction."

The Toronto stock finished lower for a second week in a row last week, losing 2.26 per cent as investors were dismayed to see that the U.S. economy shed 263,000 jobs, many more than the 180,000 job

losses that economists had expected.

"The surprises on the data are turning more negative," said Johnston.

"The market and analysts maybe got a bit ahead of themselves and now they're doing a bit of fine tuning, adjusting estimates a bit."

**"The market and analysts maybe got a bit ahead of themselves and now they're doing a bit of fine tuning, adjusting estimates a bit."**

John Johnston, strategist

Other analysts point out that while the numbers are softening somewhat, that doesn't herald a return to even more dismal economic conditions.

"We're not going back in-chief — I think that's the important distinction," said Patricia Croft, chief economist at RBC Global Management.

The TSX ran up almost 10 per cent in the third quarter on hopes for a robust economic recovery, even as many economists and central bankers have warned that the economic recovery is likely to be slow and difficult.

**THE CANADIAN PRESS**

## Business in brief

**IFIC** Canadians moved between \$475.9 million and \$975.9 million out of mutual funds in September, according to preliminary industry data Friday. The Investment Funds Institute of Canada estimated

that net assets of the mutual fund industry for the month of September will be between \$578.8 billion and \$583.8 billion, up approximately 2.41 per cent from September's total.

**THEME PARKS** Private equity firm Blackstone Group is close to sealing a deal to buy Anheuser-Busch InBev's theme parks unit, including such notable parks as SeaWorld and Busch Gardens, according to a

media report Friday. Citing unnamed sources, the Wall Street Journal reported that the transaction could be worth between \$2.5 billion and \$3 billion.

**THE CANADIAN PRESS**

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Monday, October 5, 2009

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**Vettel wins Japanese Grand Prix**  
Red Bull's Sebastian Vettel has won Formula One's Japanese Grand Prix to revive his championship hopes. **THE ASSOCIATED PRESS**

## Sports

EDITOR: CHRIS.CLEMENTS@METRONEWS.CA

### Broncos stay perfect

NFL RESULT

Cowboys 10 Broncos 17



**Champ Bailey knocked away the potential tying touchdown pass from Tony Romo to Sam Hurd with one second left and the Denver Broncos escaped with a 17-10 over the Dallas Cowboys yesterday.**

On fourth-and-goal from the two, Romo dropped back and found Hurd cutting over the middle, but Bailey reached around and swatted the pass away at the last second, giving the Broncos their first 4-0 start since 2003.

The Broncos took the lead on Brandon Marshall's 51-yard touchdown catch with 1:46 remaining.

Romo, ineffective in the second half when the Cowboys' first five drives ended in four punts and an interception by Bailey, found Hurd for a 53-yard gain on fourth-and-three from the Dallas 27 with a minute left.

The Cowboys (2-2) reached the two on catches by Tashard Choice, Hurd and Patrick Crayton.

Romo spiked the ball on second-and-goal, then Bai-



Denver Broncos linebacker Andra Davis dives to tackle Dallas Cowboys running back Marion Barber yesterday in Denver.

ley knocked away a high pass intended for Hurd before swatting away one that looked as if it was right on the money.

Elsewhere in the NFL it was: Cincinnati 23 Cleveland 20 (OT), Jacksonville 37 Tennessee 17; Indianapolis 34 Seattle 17; N.Y.

Giants 27 Kansas 16; Chicago 48 Detroit 24; Washington 16 Tampa Bay 13; Houston 29 Oakland 6; New Orleans 24 N.Y. Jets 10; New England 27 Baltimore 21; San Francisco 35 St. Louis 0; and Miami 38 Buffalo 10.

**THE ASSOCIATED PRESS**

### Tigers, Twins to play tiebreaker tomorrow

**BASEBALL** The chase for the American League Central championship once again is going to extra innings.

Trying to save their seasons, the Detroit Tigers and Minnesota Twins both won yesterday leaving them all even for the division lead and forcing a one-game tiebreaker.

They'll meet tomorrow at 7 p.m. MT at the Metrodome in what could be the final baseball game at the Homer Hankie haven. Detroit rookie Rick Porcello (14-9) will start against Scott Baker (15-9).

This marks the second straight year a tiebreaker will decide the AL Central. Last season, the Twins lost 1-0 at Chicago.

After Detroit beat Chicago 5-3, Minnesota downed

Kansas City 13-4 to create this playoff. The Twins won 16 of their last 20, and overcame a three-game deficit by winning their last four.

The teams get an extra day off — not for travel, but because Brett Favre and the Minnesota Vikings host Green Bay tonight. Because of that, the logistics could become complicated.

The New York Yankees, holding home-field advantage throughout the post-season, can choose whether they want to start the playoffs against the Twins-Tigers winner on Wednesday or Thursday. The tricky part: The Yankees get one hour after the tiebreaker to announce their decision.

**THE ASSOCIATED PRESS**

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#### Sports in brief

**SOCCER** The USL-1 league final matchup is set, and it will feature two Canadian teams. Both the Vancouver Whitecaps and the Montreal Impact qualified for the final yesterday by winning their two-leg semifinal matches. Vancouver beat Portland and Montreal defeated Puerto Rico.

**GOLF** Lorena Ochoa successfully defended her Navistar LPGA Classic title, overcoming early troubles to shoot a 2-under 70 yesterday for a four-stroke victory over Michelle Wie and Brittany Lang.

**METRO NEWS SERVICES**



**The Boss goes back to the ballpark**

Yankees owner George Steinbrenner visited with his team for about an hour in the clubhouse before yesterday's regular-season finale against Tampa Bay. The 79-year old Steinbrenner said he is "excited" about the playoffs, which will start later this week for the AL East champions. **THE ASSOCIATED PRESS**

# Is MLS too pro-American?

## It's Called Football

**Ben Rycroft**

metronews.ca/itscalledfootball

No matter how you slice it, MLS has always been a league designed to help Americans win.

Look no further than the rules against allowing Canadian university soccer players into the MLS draft.

As it stands now, no team can draft a CIS player through the MLS Super-Draft — the only eligible players compete in the NCAA.

It's not from lack of quality; it stems from the fact that MLS was created as an American domestic league with the express purpose of improving the U.S. men's national team. It's a league that, up until a few years ago, had very little stake in doing anything else.

But now, with one Cana-

**"MLS has always been a league designed to help Americans win."**

dian team in and two more likely on the way for 2011, it's time the league took a look at amending that rule because, despite what the U.S. nationalists will tell you, it's in the league's best interest to do so.

For now, set aside the labour-law issues that would arise and look at the growth that MLS will experience over the next three years: 16 teams today; 18 teams by 2011; and likely 20 teams by 2012.

On the 24-player rosters, an American team must carry at least 12 U.S.-born players.

On the Canadian squads, it's 13 North American players, seven of which must be Canadian. That works out to 50 more domestic-player spots in the league by 2012.

It may not seem like a lot, but 50 more first-team players — talented and

willing to play at that salary — will not be easy to come by.

To prepare, the league has started loosening its rules on signing academy

g

play-

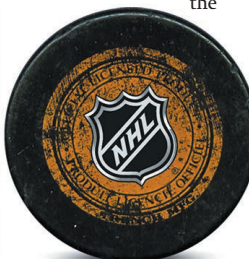
ers. But, with the rapid growth and most team academies still in their infancy, it will not be enough to fill those slots.

It needs to find another source of domestic players. Enter the CIS.

Over the last decade no system of player development has grown as quickly as CIS soccer in Canada.

Trinity Western, Montreal and York Universities spring to mind as the best examples.

They churn out some of the highest-level talent in the



country and if direct access to MLS were available, there's no doubt CIS players would be playing there today.

For what is now clearly a North American league, it's time for it to start exploring other options.

If it doesn't, the MLS talent pool, which has been described as shallow at the best of times, will all but run dry by 2012.

Watch Ben Rycroft on the It's Called Football show every Monday at metronews.ca; ben.rycroft@metronews.ca



Chelsea's Florent Malouda, right, flies through the air after a challenge by Liverpool's Javier Mascherano during the English Premier League soccer match at Stamford Bridge, London, yesterday.

## Chelsea now No. 1 in league

**SOCCER** Chelsea charged to the top of the Premier League with a 2-0 victory over Liverpool yesterday while Arsenal twice fell behind before crushing Blackburn 6-2.

After champion Manchester United had been held 2-2 at home by Sunderland on Saturday, Chelsea took full

advantage by beating another title rival at Stamford Bridge with Nicolas Anelka and Florent Malouda scoring second half goals.

"It was important for us to beat Liverpool as they are a direct opponent for the title," said Chelsea striker Didier Drogba.

**THE ASSOCIATED PRESS**

## Sports in brief

**OLYMPICS** The International Olympic Committee is setting up a new system to watch for corrupt betting practices linked to Olympic competitions and it

will be in place for the 2010 Vancouver winter games. The program is part of growing efforts in sports to tackle corruption. **THE ASSOCIATED PRESS**



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Minnesota's Joe Mauer all but locked up his third American League batting title in four seasons, and Hanley Ramirez became the first Florida Marlins player to win a National League batting crown yesterday. While Minnesota meets Detroit tomorrow, Mauer would have to go 0-for-18 or worse to drop behind Seattle's Ichiro Suzuki. **THE ASSOCIATED PRESS**

# Dismal season comes to end

The Toronto Blue Jays put a dismal and turmoil-laced 2009 season to bed yesterday insisting that their simmering unrest is no longer boiling over and brighter days are ahead.

Bob Marley's Is This Love blared in the clubhouse, perhaps ironically, before a 5-4 loss in 11 innings to the Baltimore Orioles that left them with a 75-87 mark this year, while Cito Gaston

## MLB RESULT

Jays 4 Orioles 5 (11 inns)



again suggested a conspiracy from outside the organization was behind Friday's revelations of player frustration with his approach.

As every corner of the

franchise worked to paper over the differences Saturday, catcher Rod Barajas reaffirmed before the finale what several of his teammates admitted publicly Friday, that "there were various small issues. Just various issues that us as players felt we needed to get off our chests."

That was done Saturday in a meeting between a small group of players and

interim CEO Paul Beeston, who later addressed the entire team along with new GM Alex Anthopoulos.

It will now be up to Anthopoulos to decide whether or not a disconnect exists between Gaston and players, some of whom said privately there are problems with his approach, negativity and in-game management.

THE ASSOCIATED PRESS

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## Wisconsin Fire prevented



Julie Kolk, manager of Milwaukee Burger Co., stands outside the business last week, in Eau Claire, Wis. The restaurant is scaling back plans to burn Brett Favre memorabilia during tonight's Packers-Vikings game. Kolk says the fire department wasn't pleased about plans to ignite the Favre gear.

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**RIM, NSERC award Queen's \$5M**

BlackBerry maker Research in Motion and the Natural Sciences and Engineering Research Council of Canada have made a \$5 million investment in a new Industrial Research Chair in Software Engineering of Ultra Large Scale Systems at Queen's University in Kingston, Ont. **METRO NEWS SERVICES**

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# Workology



## UBC = \$10,000,000,000?

According to a new report from the University of British Columbia, the institution had a \$10-billion impact on the B.C. economy in 2008-09. The study found that half of the university's contributions to the provincial economy come from salaries and construction (\$1.9 billion), visitor and student spending (\$618 million), and a global UBC-educated workforce (\$2.6 billion). **METRO NEWS SERVICES**

EDITOR: DOUGLAS.DUNLOP@METRONEWS.CA

# Meltdown means time to evaluate

**RAFAEL BRUSILOV**  
for Metro Canada



**While the recent market meltdown has seen many experts calling for a re-evaluation of MBA education, several top Canadian MBA schools insist that greed, not management instruction, is to blame.**

With so many highly educated, MBA-wielding corporate leaders now mired in shame and guilt for their role in causing the market collapse, some powerhouse U.S. schools like Harvard and Stanford have quietly been talking about re-examining their teaching practices.

Canadian schools however remain adamant in their own curricula, propped up by Canada's relatively soft landing in the recent plunge.

At the Rotman School of Management at the University of Toronto, a dedicated course in Ethics has been a mandatory curriculum requirement for MBA students for the past five years.

Richard Powers, associate dean at Rotman, says that when it comes to training future leaders, schools like Rotman work hard to instil a sense of corporate responsibility upon students but ultimately can only lead a horse to water — they

can't force it to drink.

"If anyone's bent on fraud, they're going to find a way. What we can do is teach students ethical decision-making models to give them the tools to make the right decisions," Powers said.

Don Melville, director of MBA and Masters programs at the Desautels Faculty of Management at McGill University in Montreal, also feels MBA educations aren't to blame for the human weaknesses that caused the crash.

He believes Desautels' MBA program, which includes small classes and a focus on reflective discussion, is designed to give students a strong sense of duty.

"I don't think (the market crash) was an MBA issue, I feel it was a human issue. Some students are going to be in it for the money — our goal here is to teach that there's something more than that," Melville said.

Melville also points out that many of the shamed leaders blamed for the current crisis graduated from their MBAs decades ago, long before the modern wave of tightened outlooks on ethics and sustainability.

Wendy Ma, assistant dean and director of the MBA programs at the Sauder School of Business

at the University of British Columbia, says the school has always been focussed

on corporate responsibility and recent events have just added more ammunition.

tion.

"It's like a bomb was dropped and a lot of people

are saying 'Let's make sure this never happens again,'" Ma said.



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Most of bird taxidermist Richard Davis' final pieces get mounted on a simple piece of driftwood. But some higher-end orders call for a glass box and scenery around it. These are his favourite projects, and he creates things like twigs and grass using fibreglass resin. DIANE PETERS/FOR METRO CANADA

# Gain eternal life, only after death

## OddJobs

Diane Peters

Metronews.ca/oddjobs

Some say we're all artists in our own way. But Richard Davis was an artist who sold cars and helped run a dealership for 20 years.

As a child and teen, he loved to paint and draw. His parents just recently

## The Lowdown

**Job title:** Bird taxidermist

**Salary:** \$325 and up per mounted bird

**Education/training:** Most are self-taught, it's offered as a university program in the U.S. only

**Best Part of the Job:** "Art for me is not work."

**Worst Part of the Job:** "I work alone. There's no water cooler sessions, it's you and a dead animal."

painted over the mural he created on his old bedroom wall.

But Davis had always worked for his dad at his car dealership in Tillsonburg, Ont., so he began full time when he finished high school.

Davis was good at his job. He was a top salesman and, thanks partially to two university-level management programs he took in his 20s, helped the business weather some tough times.

Then, 17 years ago, he went to a taxidermist's shop to have a fish mounted. He began tinkering with the tools, and somehow knew instinctively what to do. So, he started learning the job.

Eventually, Davis's freelance work started paying

enough for him to quit his job — luckily his house was paid off and his wife had a full-time job. To avoid competing with the taxidermist who had taught him, Davis just worked with birds.

His basement workspace is very simple: It's unfinished except for fluorescent lights over his workbench. Davis used to keep live birds so he could observe them as he created. Now, he sur-

Davis starts each project by making an incision along the belly of a dead bird — most clients are hunters but he'll also mount birds he finds dead in the woods or along the road — and pulls the skin and feathers off in one piece.

Usually, the bird has been frozen soon after death and there's little smell.

He puts the pelt through two hand washes and then gives it a soak in naphtha fuel

(which is used in lanterns) to remove the grease — oth-

erwise the

bird will be an eternal dust collector.

Davis rarely uses real bones and skulls in his final work. Skulls in particular can shrink over time. So he's got his own collec-



Stuffing and mounting birds, like this eagle, is Richard Davis' new passion as a taxidermist. A far cry from his first career, car salesman.

tion of custom-made skeletons in plastic and foam core.

He chooses the right size and shape for the bird he's working on, builds it up, then puts the

pelt on. Then it's just a matter of sewing it all together.

Diane Peters once hawked magic pens at the Canadian National Exhibition. She's now a writer and part-time journalism instructor.

## Car Insurance Roadblock

Consumers concerned insurers don't want drivers with tickets or accidents

### Worried Your Spotted Driving Record Means You've Got Nowhere To Turn For Car Insurance?

Don't be. While it's true that, all things being equal, your tickets and accidents make you a more expensive risk to insure than a similar car and driver with a clean driving record, that doesn't mean you should have trouble finding insurance — assuming you know where to look. Different insurance companies target different types of business and this is reflected in things like their claims service, marketing efforts, discounts, and most importantly for you, their rates.

### Should I Just Accept That I'll Have To Pay A Bundle?

No. Sadly, this is a mistake many drivers make and it can be a costly one, especially if they don't bother to shop around for the lowest rate available. The key to finding the best rate, especially if you have tickets or accidents on your driving record, is to figure out which insurance company of the more than 20 in Alberta has the best rate for your particular situation. And with rates varying so wildly across companies, chances are you are not with the company that has the lowest rate for your profile right now.

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Robert Kiyosaki will not attend this workshop.



**Big screen Friends**

Rumours continue to fly over news that the cast of *Friends* is finally ready to take Central Perk to the big screen. The U.K.'s Daily Mail reported over the weekend that the movie was definitely a go. [POPEATER.COM](http://POPEATER.COM)

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# Entertainment

EDITOR: DEAN.LISK@METRONEWS.CA

**Spare prince**

Rupert Grint and Robert Pattinson have both been tipped to play Prince Harry in a movie about the British royal's life. Director Peter Kosminsky is set to begin casting for biopic *The Spare*. [FEMALEFIRST.CO.UK](http://FEMALEFIRST.CO.UK)

## Will female fans forgive?

**David Letterman should probably care what women think about him — and not just his wife.**

His back to back scandals this year — a crude joke about Sarah Palin's daughter and revelations through an alleged blackmail attempt by a CBS producer that Letterman had sexual relationships with *Late Show* staff members — are likely to hit his reputation hardest with women.

There are still many unknowns following Letterman's startling admission last week: How many women were involved? Did the relationships end well? Did women feel pressured by the boss' advances, or were they happily consensual? Did any other staffers

feel the way to get ahead was through Letterman's bed? Are women who did not have intimate relations with Letterman upset that those who did may have gotten special treatment or career advances? Is anyone talking to lawyers?

All could determine whether Letterman is significantly damaged or if it's just a footnote to his career.

Certainly, it can't help when the New York Post blares on its front page: Dirty Dave's Harem.

"It's very interesting. Men and women think very differently about this story," NBC News anchor Ann Curry said. "The men I've talked to think, 'How could a person within your

own company kind of betray you like this?'"

But the reaction I'm hearing from women is completely on the other end. They're saying, 'How could you have

affairs, multiple affairs, with members of your own staff and how does that create a fair and equal working environment?'"

Many women who work in television, and probably most other industries, can recall feeling pressured to do something with a man she works for, said Curry's colleague, Kathie Lee Gifford.

"I'm not saying David did that, but the details are yet to be discovered,"

she said. "They might have been very willing partners who initiated it. We don't know, but the minute we hear stories like that we go, 'Uh-huh.'"

Letterman's prickly personality and sarcastic humor seem tailor-made for a young, male audience. But the facts tell a different story: His typical audience was 58 per cent female last season, with an average age of just under 55, according to the Nielsen Co.

In other words, he should care very much whether women are disgusted by his behavior and reject his comedy as a result.

THE ASSOCIATED PRESS

David Letterman has admitted to having sex with some of his co-workers.

**SNL pokes fun at Letterman**

**PEOPLE** Add Saturday Night Live to the shows making sport of David Letterman's difficulties.

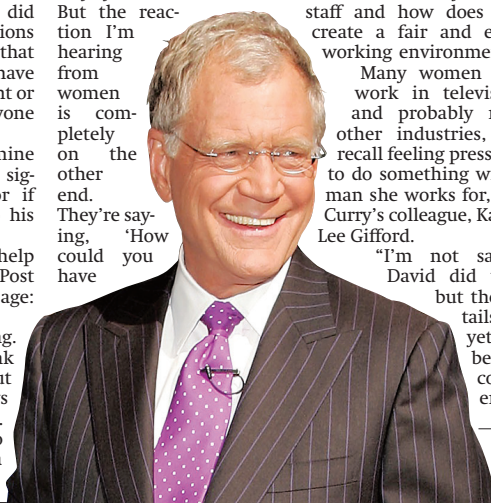
On SNL, Weekend Update anchor Seth Meyers dubbed the extortion attempt by a CBS News producer "a stupid human trick." Meyers added the would-be blackmailer was threatening to reveal embarrassing details of

Letterman's personal life, then gave a joking example: "After sex, he would always say, 'Stay tuned for Craig Ferguson.'"

Still to be heard from: Jon Stewart on *The Daily Show* and Stephen Colbert on *The Colbert Report*.

Both shows do not air Fridays, but are back with fresh episodes tonight.

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Amid much speculation, Christina Milian now confirms that she is going to have a baby. "My husband and I are expecting," she said. "We're about four and a half months along, about 19 weeks." **PEOPLE.COM**

# 'I am the worst giggler': Akerman

## Canadian actress gets her laughs in Couples Retreat

PHIL BROWN  
for Metro Canada

**Malin Akerman split her childhood between Toronto and Sweden before becoming a model at 17, which eventually led to a career in acting.**

Akerman's profile has been steadily rising with high profile roles in films like *The Heartbreak Kid* and *Watchmen*. She has split her time between comedies and drama, which the young actress relishes.

"I don't have a preference to be honest with you. Comedy and drama are so different and I enjoy doing everything as an actor," Akerman told Metro. "As long as it's a challenge, I'll try it all. Bring it on."

Akerman's latest venture is a project from Vince Vaughn and Jon Favreau (who burst onto the screen with *Swingers* in 1996). The pair co-wrote and star in *Couples Retreat*, a comedy about a group of mar-

### Movie feature

ried couples who embark on a tropical vacation only to unwittingly end up in a week-long series of skill-building exercises and therapy sessions.

For Akerman the film was an opportunity to work with two comic minds that she has long admired.

"I heard that there was a film being made with Vince Vaughn and I knew that they were looking for their girls," said Akerman. "I got my hands on the script and thought it was a really great concept."

"It was nice to find an adult comedy about relationships where I could actually relate to the characters. Then I got a meeting with our director Peter

Billingsley and saw pictures of Bora Bora all over his office. Once I saw that I thought, "God, I have to be a part of this."

Malin Akerman landed the job and soon found herself on a plane to Bora Bora. Unsurprisingly the idyllic location suited the actress well.

"Everywhere you looked there was beautiful turquoise water, palm trees, and beaches. We stayed in huts where you could jump off of your balcony into the Pacific Ocean. It was kind of a depressing place. I'd much

rather be in a cubicle in an office building," joked the actress. "No, it was insane. I worked in paradise for three and a half weeks."

Beyond the tropical location there was still a film to be made and one starring some pretty sharp comic minds. This led to a great deal of improvisation on set, which Akerman enjoys.

"I've always liked improv. I think as long as you know your character and your goal in the scene, improv is easy. Especially when you're working with masters like Vince Vaughn or Jon Favreau. Once they start going at it, you just want to sit back and enjoy the show."



Carlos Ponce, left, Vince Vaughn and Swedish-Canadian actress Malin Akerman share a scene in *Couples Retreat*.

Of course, not knowing what those actors would say caused another challenge for the actress.

"I am the worst giggler. You don't want to ruin somebody else's take, but when you're working with this group of people it is

not easy to keep a straight face," says Akerman. "I'll felt so bad because I just couldn't do it."

Audiences should struggle to control their giggling fits as well when *Couples Retreat* opens this week.

| CA      | Vu  | SC  | 7:00     | 7:30                                                                | 8:00                                                                | 8:30                                                         | 9:00                               | 9:30                                          | 10:00                      | 10:30                      | 11:00                    |
|---------|-----|-----|----------|---------------------------------------------------------------------|---------------------------------------------------------------------|--------------------------------------------------------------|------------------------------------|-----------------------------------------------|----------------------------|----------------------------|--------------------------|
| 10/5/09 | 267 | 351 | - ACCESS | Alberta Primetime (Live)                                            | (8:02) Castle (N)                                                   | Gossip Girl (HDTV) (N)                                       | Two/Half Men                       | Big Bang Th                                   | Primetime                  |                            |                          |
|         | 243 | 317 | 3 CFCN   | etalk                                                               | Hollywood                                                           | CSI: Miami "Bolt Action"                                     | Dancing With the Stars (HDTV)      | Omni News: Cantonese Edition                  | Two/Half Men               | Two/Half Men               | CTV News                 |
|         | -   | 4   | OMNI     | The Office                                                          | The Simpsons                                                        | Omni News: S. Asian Edition                                  | Omni News: Cantonese Edition       | Dancing With the Stars (HDTV)                 | Two/Half Men               | Two/Half Men               | Metropia                 |
|         | -   | 371 | 5 KXLX   | 4 News at 6                                                         | 4 News at 6:30                                                      | Jeopardy! (N)                                                | Battle-Blades                      | Little Mosque                                 | CBC News: The National     | Lie to Me (HDTV) (N)       | The Hour                 |
|         | 245 | 306 | 6 CBRT   | Wheel-Fortune                                                       | Jeopardy! (N)                                                       | Heroes "Acceptance" (N)                                      | The Jay Leno Show (N)              | How I Met                                     | Accidentally               | La Galerie (HDTV) (N) (SC) | Local Programming        |
|         | 244 | 338 | 7 CICT   | ET Canada                                                           | Entertainment                                                       | Heroes "Acceptance" (N)                                      | The Jay Leno Show (N)              | How I Met                                     | Accidentally               | La Galerie (HDTV) (N) (SC) | Local Programming        |
|         | 246 | -   | 8 CKAL   | Law & Order: SVU                                                    | Virginie (SC)                                                       | Les Parent (N)                                               | L'Auberge du chien noir (SC)       | How I Met                                     | Accidentally               | La Galerie (HDTV) (N) (SC) | Local Programming        |
|         | 119 | 705 | 9 CBFT   | Virginie (SC)                                                       | Les Parent (N)                                                      | L'Auberge du chien noir (SC)                                 | How I Met                          | Accidentally                                  | La Galerie (HDTV) (N) (SC) | Local Programming          | Local Programming        |
|         | -   | 10  | SHAW     | (6) Local Programming                                               | The Doctors                                                         | How I Met                                                    | Accidentally                       | Antiques Roadshow                             | CBC News: The National     | CBC News: The National     | Wired                    |
|         | -   | 372 | 12 KREM  | News                                                                | Hollywood                                                           | The Doctors                                                  | How I Met                          | Accidentally                                  | Antiques Roadshow          | CBC News: The National     | CBC News: The National   |
|         | -   | 374 | 14 KSPS  | NewsHour With Jim Lehrer                                            | 'Allo, 'Allo!                                                       | Stevens Europe                                               | Wired                              | Jeopardy! (N)                                 | Wheel-Fortune              | Two/Half Men               | Two/Half Men             |
|         | 502 | 398 | 15 KBC   | CBC News: The National                                              | Wired                                                               | Jeopardy! (N)                                                | Wheel-Fortune                      | Two/Half Men                                  | Two/Half Men               | House "The Tyrant" (N)     | Lie to Me (HDTV) (N)     |
|         | -   | 370 | 16 KHC   | News (N)                                                            | Be-Millionaire                                                      | Two/Half Men                                                 | Two/Half Men                       | House "The Tyrant" (N)                        | Lie to Me (HDTV) (N)       | Lie to Me (HDTV) (N)       | Lie to Me (HDTV) (N)     |
|         | -   | 373 | 22 KAYU  | The Office                                                          | Raymond                                                             | Two/Half Men                                                 | Two/Half Men                       | House "The Tyrant" (N)                        | Lie to Me (HDTV) (N)       | Lie to Me (HDTV) (N)       | Lie to Me (HDTV) (N)     |
|         | 297 | 652 | 37 WPX   | Gossip Girl (HDTV) (N)                                              | PIX News at Ten Tong.                                               | Anderson Cooper 360 (HDTV)                                   | Showbiz Tonight                    | The Joy Behar Show                            | Nancy Grace                |                            |                          |
|         | 500 | 500 | 29 CNN   | Larry King Live (N)                                                 | Anderson Cooper 360 (HDTV)                                          | Showbiz Tonight                                              | The Joy Behar Show                 | Nancy Grace                                   |                            |                            |                          |
|         | 508 | 502 | 31 CNN2  | The Joy Behar Show                                                  | Nancy Grace                                                         |                                                              |                                    |                                               |                            |                            |                          |
|         | 400 | 400 | 21 TSN   | (6.30) NFL Football Green Bay Packers at Minnesota Vikings.         | Red Bull: Air Race                                                  | Hockey Central                                               | Flames Week                        | Sportsnet Connected                           | 2009 World Series of Poker | MMA Conn                   |                          |
|         | 408 | 418 | 27 net   | Over the Bolts                                                      | World Sport                                                         | Score Now                                                    | Score Now                          | Survivorman                                   | Ghost Hunters              | Survivorman                | Ghost Hunters            |
|         | 410 | 403 | 30 SCORE | (7:15) WWE Monday Night Raw                                         | Survivorman                                                         | Ghost Hunters                                                | Survivorman                        | Ghost Hunters                                 | Survivorman                | Ghost Hunters              | Survivorman              |
|         | 411 | 457 | 44 OLN   | Survivorman                                                         | SuperCars                                                           | SuperCars                                                    | SuperCars                          | SuperCars                                     | SuperCars                  | SuperCars                  | SuperCars                |
|         | 417 | 406 | 48 SPEED | SuperCars                                                           | SuperCars                                                           | SuperCars                                                    | SuperCars                          | SuperCars                                     | SuperCars                  | SuperCars                  | SuperCars                |
|         | 552 | 543 | 20 YTV   | iCarly                                                              | True Jackson                                                        | Drake & Josh                                                 | To Be Indie                        | Malcolm-Mid.                                  | Hates Chris                | 8 Simple Rules             | What I Like              |
|         | 557 | 541 | 39 FAM   | Zoe 101                                                             | Life Derek                                                          | Wizards-Place                                                | Han. Montana                       | Zack & Cody                                   | Latest Buzz                | 6TEEN                      | Futurama                 |
|         | 555 | 545 | 67 TOON  | Jimmy Two                                                           | Johnny Test                                                         | Scooby-Doo                                                   | Total Drama                        | Home Improve.                                 | Due South                  | Reba                       | King of the Hill         |
|         | 575 | 583 | 11 CMT   | According-Jim                                                       | According-Jim                                                       | Home Improve.                                                | Due South                          | Reba                                          | King of the Hill           | American Dad               | Reba                     |
|         | 553 | 546 | 17 TREE  | Little Bear                                                         | Bucket-Dinos                                                        | Babar                                                        | Big & Small                        | Max & Ruby                                    | Dragon (DVS)               | Backyardigans              | Ni Hao, Kai-Lan          |
|         | 505 | 398 | 19 TWN   | EarthWatch One                                                      | EarthWatch One                                                      | Old Christine                                                | Friends                            | Friends                                       | Grocery Bag                | Love It or List It (N)     | House-Sell               |
|         | 602 | 568 | 23 W     | House                                                               | Style by Jury                                                       | Jon & Kate                                                   | Jon & Kate                         | Ultimate Cake Off (N)                         | Jon & Kate                 | Jon & Kate                 | Ultimate Cake            |
|         | 521 | 560 | 24 TLC   | Jon & Kate                                                          | Jon & Kate                                                          | Ultimate Cake Off (N)                                        | Jon & Kate                         | Ultimate Cake Off (N)                         | Jon & Kate                 | Jon & Kate                 | Ultimate Cake            |
|         | 603 | 561 | 25 FOOD  | Top Chef: Las Vegas (N)                                             | At the Table                                                        | At the Table                                                 | At the Table                       | At the Table                                  | At the Table               | At the Table               | At the Table             |
|         | 615 | 520 | 26 A&E   | Intervention (HDTV)                                                 | Hoarders "Tara; Betty"                                              | The Outer Limits                                             | Plastic-Perfect                    | Plastic-Perfect                               | ET Canada                  | What Happen?               | Biggest Loser Australia  |
|         | 617 | 522 | 32 SHOW  | Trailer Park                                                        | Trailer Park                                                        | Plastic-Perfect                                              | Plastic-Perfect                    | Plastic-Perfect                               | ET Canada                  | What Happen?               | Biggest Loser Australia  |
|         | 601 | 562 | 33 SLICE | Re-Vamped                                                           | Re-Vamped                                                           | Plastic-Perfect                                              | Plastic-Perfect                    | Plastic-Perfect                               | ET Canada                  | What Happen?               | Biggest Loser Australia  |
|         | -   | 633 | 34 CNC   | I Want a Dog                                                        | Keep It in the Family (1973, Romance-Comedy)                        | Dirty Jobs                                                   | Daily Planet                       | MythBusters                                   | Without a Trace            | Delicious                  | Manhattan Murder Mystery |
|         | 520 | 505 | 35 DISC  | Junk Raiders (N)                                                    | Caesar and Cleopatra (2009, Comedy), Peter Donaldson                | The Fighting Temptations ** (2003, Comedy) Cuba Gooding Jr.. | Corner Gas                         | Name Is Earl                                  | The Simpsons               | South Park                 | Finesse                  |
|         | 620 | 553 | 36 BRAVO | Law & Order: SVU                                                    | Just for Laughs                                                     | Air Force                                                    | 22 Minutes                         | Gigi **** (1958, Musical) Leslie Caron. (DVS) | DEA "Up the Ladder" (HDTV) | CS: Crime Scn              | We Were Soldr            |
|         | 294 | 650 | 40 WPCH  | Law & Order: SVU                                                    | Just for Laughs                                                     | Air Force                                                    | 22 Minutes                         | Gigi **** (1958, Musical) Leslie Caron. (DVS) | DEA "Up the Ladder" (HDTV) | CS: Crime Scn              | We Were Soldr            |
|         | -   | 539 | 42 TCM   | An American in Paris **** (1951, Musical) (DVS)                     | The Ultimate Fighter (HDTV)                                         | The Ultimate Fighter (HDTV)                                  | Patton 360                         | Star Trek: Next Gener.                        |                            |                            |                          |
|         | 628 | 584 | 43 SPIKE | The Ultimate Fighter (HDTV)                                         | The Ultimate Fighter (HDTV)                                         | Patton 360                                                   | Star Trek: Next Gener.             |                                               |                            |                            |                          |
|         | 522 | 516 | 45 HIST  | The True Story of the Big Red One                                   | Scream **** (1996, Horror) Neve Campbell, David Arquette. Premiere. | (6) Sabrina **** (1954, Comedy)                              | (8:45) Mad Men "Souvenir" (HDTV)   | (9:47) The Secret of My Success **            |                            |                            |                          |
|         | 627 | 528 | 46 SPACE | Scream **** (1996, Horror) Neve Campbell, David Arquette. Premiere. | (6) Sabrina **** (1954, Comedy)                                     | (8:45) Mad Men "Souvenir" (HDTV)                             | (9:47) The Secret of My Success ** |                                               |                            |                            |                          |
|         | -   | 47  | AMC      | Carlwood                                                            | Carlwood                                                            | House Hunters                                                | House Hunters                      | House Hunters                                 | House Hunters              | House Hunters              | House Hunters            |
|         | 619 | 525 | 49 TROP  | Carlwood                                                            | Carlwood                                                            | House Hunters                                                | House Hunters                      | House Hunters                                 | House Hunters              | House Hunters              | House Hunters            |
|         | 600 | 564 | 50 HGTV  | House Poor (N)                                                      | My First Place                                                      | House Hunters                                                | House Hunters                      | House Hunters                                 | House Hunters              | House Hunters              | House Hunters            |
|         | 501 | 391 | 52 CTV   | CTV News Tonight                                                    | CTV News                                                            | CTV News                                                     | CTV News                           | CTV News                                      | CTV News                   | CTV News                   | CTV News                 |
|         | 504 | 508 | 70 BNN   | Squeeze Play                                                        | Da Vinci's Inquest                                                  | New Canoe                                                    | Wings-Canada                       | Venturing Frth                                | Road Scholars              | Arbor Live                 | Rez Rides                |
|         | 526 | 507 | 92 VIVA  | The Closer                                                          | Metcom                                                              | La Voix Mechif                                               | World News                         | News                                          | Wild 'n Out                | Wild 'n Out                | Brooke Knows             |
|         | 269 | 350 | 93 APTN  | Metcom                                                              | La Voix Mechif                                                      | World News                                                   | News                               | Wild 'n Out                                   | Wild 'n Out                | Brooke Knows               | Dance                    |
|         | -   | 94  | MCP      | World News                                                          | News                                                                | Wild 'n Out                                                  | Wild 'n Out                        | Brooke Knows                                  | Dance                      | True Life                  | Maritime                 |
|         | 571 | 581 | 100 MMM  | Wild 'n Out                                                         | Wild 'n Out                                                         | Brooke Knows                                                 | Dance                              | True Life                                     | Maritime                   | Urbania                    | TV5 Le Journal           |
|         | 570 | 580 | 101 MM   | You Can Dance                                                       | The Hills                                                           | The City                                                     | True Life                          | Maritime                                      | Urbania                    | TV5 Le Journal             | Afrilologie              |
|         | 581 | 566 | 102 MTV  | The Hills                                                           | The City                                                            | True Life                                                    | Maritime                           | Urbania                                       | TV5 Le Journal             | Afrilologie                | Pietragalla              |
|         | -   | 116 | TV5      | (6) Secrets d'histoire                                              | Maritime                                                            | Urbania                                                      | TV5 Le Journal                     | Afrilologie                                   | Pietragalla                | Hors série                 |                          |

### critics'corner

**Wired for Sex, Lies and Power Trips: It's a Teen's World**  
Sex sells. That's nothing new. What is relatively new is the way sexuality is being sold to teenagers. In this new documentary, filmmaker Lynn Glazier talks with three groups of teens about the sexual messages that they're getting from popular culture. What emerges is a world-view in which the lines between "sexy" and "sexual harassment" are blurred. 8 PM on CBC



**Heroes**  
Hiro attempts to take his mind off his own perilous situation by focusing on saving the lives of others. Angela tries to help Nathan remember his past — just not too much of it. Tracy vows to get her old job back in the new episode "Acceptance." Robert Knappier, Bruce Boxleitner and Swoosie Kurtz guest star. 8 PM on CICT; 9 PM on KHQ

**Trauma**  
The team springs into action after a car crashes into a street fair, causing horrific damage. Nancy (Anastasia Griffith) gets a new partner (Taylor Kinney), while Rabbit (Cliff Curtis) decides to teach Marisa (Aimee Garcia) a lesson. Derek Luke, Kevin Rankin and Jamey Sheridan also star in the new episode "All's Fair." 10 PM on CKAL KHQ

### Box office

Following are the top 10 films at the North American box office for the weekend beginning Oct. 2, according to studio estimates:

- Zombieland:** \$25 million US
- Cloudy with a Chance of Meatballs:** \$16.7 million
- Toy Story/Toy Story 2:** \$12.5 million
- The Invention of Lying:** \$7.4 million
- Surrogates:** \$7.3 million
- Capitalism: A Love Story:** \$4.9 million
- Whip It:** \$4.9 million
- Fame:** \$4.8 million
- The Informant!:** \$3.8 million
- Love Happens:** \$2.8 million

THE ASSOCIATED PRESS

### Kenya'sStyle

#### Kenya Hunt

Read the blog at [metronews.ca/kenyastyle](http://metronews.ca/kenyastyle)

For complete online movie listings, trailers, reviews and tickets, visit: [metronews.ca/movies](http://metronews.ca/movies)



**Birthday boy**

The Daily Mail reports that American Idol judge Simon Cowell marked his 50th birthday on the weekend surrounded by 400 guests at a party that cost \$1.5 million US. [POPEATER.COM](http://POPEATER.COM)



# This season, X-Weighted tackles families

'When you see a kid distraught, it makes you distraught'

IAN JOHNSTON  
for Metro Canada



**Paul Plakas has seen a lot of laziness in his 18 years as a personal trainer and TV fitness expert. But nothing quite prepared him for the families he helped out on the fourth season of the series X-Weighted.**

"I've seen a few things that shocked me over the years, but every once and awhile ... wow," says Plakas, from his Edmonton home.

"There was this 15 or 16 year old girl who sent out something like a thousand text messages a

month. She'd text message her mom in the kitchen to see if dinner was ready. And her mom enabled her by texting back."

That's just one example of the 13 families on board for the fourth season of X-Weighted, which turns its focus from individuals to families and the epidemic of fat kids in this country.

According to Statistics Canada, there are three times as many overweight children in Canada as 25 years ago. And while Plakas says things like stress and the rise of prepackaged foods have played a small role in that increase, he places much of the blame on the parents.

"Mostly it's the parents fault their kids are overweight. It's the parents

who ultimately allow it to happen and create the lifestyle. You don't find many fit kids living with fat parents."

The surprising thing that comes out of the new season of X-Weighted is the emotional toll that body image has on kids — some of whom are as young as eleven.

Though ultimately, the families get back on the

road to healthy living, it can be a rough journey to watch.

"It's a tough season. It feels at times like an hour of crying. And when you see a kid distraught, it makes you distraught."

Plakas, who previously dispensed fitness advice on the Gemini-winning series Taking It Off, says he himself must be constantly vigilant about

what he eats — especially in public.

"I get recognized all the time. So I'm very conscious of what I order in public. I remember someone caught me in a chocolate shop once and asked if I really should be eating that. I had to agree — probably not."

• X-Weighted: Families airs Thursday night on Slice.



Paul Plakas, fitness expert on the show X-Weighted.

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## 18entertainment

## Celebrity Buzz

## Jon plus cash, minus for Kate

**OUCH** The nasty war between Jon and Kate Gosselin just took its ugliest turn yet, people.com reports.

According to Radar Online, Jon cleared out the couple's joint bank account, leaving his estranged wife with just \$1,000 US. Another

er account, set up for the Gosselin children, was untouched, Radar reports.

A source familiar with the situation confirmed the details of the report to People, and said Kate plans to take legal action, adds the magazine.

When initially reached for comment, a rep for Jon was unaware of the situation and had no comment.



METRO  
WORLD  
NEWS

## Hero star's girl-on-girl request

**SPICE UP** Hayden Panettiere claims the upcoming lesbian affair character has on



Heroes was all her idea.

"I kinda threw it out there. They put you in relationships and I was like, 'Can I just be with a girl or something? Let's do that,'" the actress says, according to Hollyscoop.

METRO WORLD NEWS

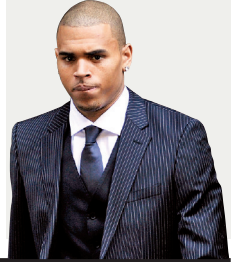
## Celebrity tweets

Katy Perry finds her inspiration for Halloween this year: Karl Lagerfeld, who has some not-so-cheery thoughts about fashion, and Chris Brown loves his Mexican food.

• @katyperry just interviewed Karl Lagerfeld... he was so lovely. I think I'ma be him for halloween. Collar, boots, gloves and all. Twerk!

• @Karl\_Lagerfeld Fashion's life is short. It's six months, six months, six months. It's not something you do for a great future.

• @MechanicalDummy qdoba mexican grill is so bomb



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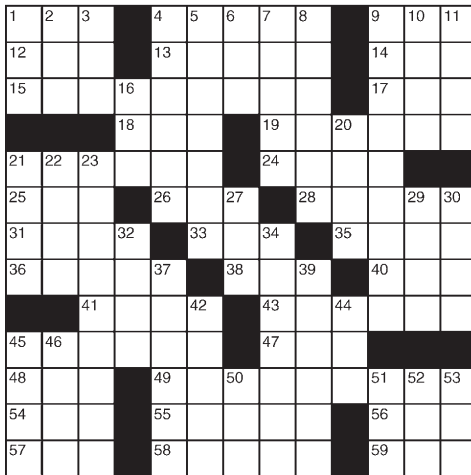




**Andrew Schultz, Meteorologist — Breakfast Television**

"I get to spread the word on how your day, evening or weekend will shape up with our ever-changing weather here in Alberta."

WEEKDAYS AT 6 A.M.



**ACROSS**

- 1 Slugger's tool
- 4 Avocation
- 9 Despondent
- 12 Work with
- 13 Swan Lake role
- 14 Weeding device
- 15 Wisconsin city
- 17 Away from WSW
- 18 Approvals
- 19 Hidden marksman
- 21 Societal levels
- 24 Engineering sch.
- 25 "Wha'dja say?"
- 26 Morning moisture
- 28 Considers
- 31 War god
- 33 Thanksgiving veggie
- 35 Let fall
- 36 Old hat
- 38 Talk on and on
- 40 Modern-day

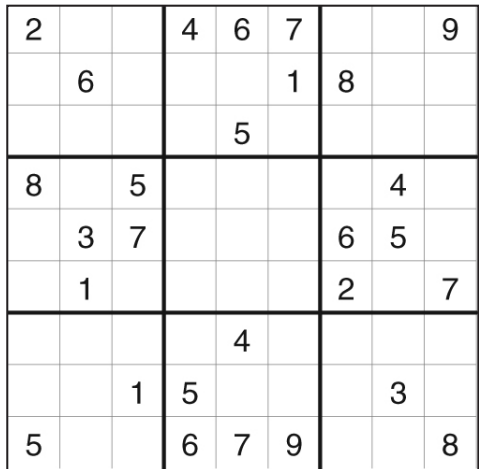
**DOWN**

- 1 Clear the tables
- 2 Blond shade
- 3 Golf prop
- 4 Addicted
- 5 Homeric work
- 6 Ginormous
- 7 Explosion
- 8 Had a longing (for)
- 9 Crèche figures
- 10 Top-rated
- 11 Antelope's playmate
- 16 Automaton, for short
- 20 On the rocks
- 21 Punch-ballot bit
- 22 Emanation
- 23 Small, stocky ponies
- 27 Witty one
- 29 Stereo alternative
- 30 Bridge
- 32 Crystal gazer
- 34 Waltzing girl of song
- 37 Maiden
- 39 Culprit in a trite whodunit
- 42 India's first prime minister
- 44 Gear tooth
- 45 Students' quarters
- 46 Basin accessory
- 50 A billion years
- 51 Toward the stern
- 52 Tend the lawn
- 53 Id counterpart

**Sudoku**

For more/less challenging Sudoku puzzles, visit [metronews.ca](http://metronews.ca)

**HOW TO PLAY:** Digits 1 through 9 will appear once in each zone — one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.



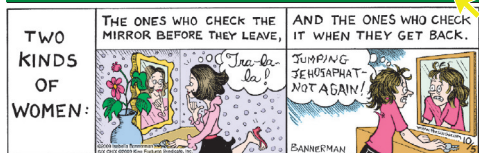
**PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:**



|   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|
| 7 | 2 | 6 | 1 | 3 | 5 | 8 | 9 | 4 |
| 3 | 9 | 1 | 7 | 8 | 4 | 2 | 5 | 6 |
| 4 | 5 | 8 | 2 | 9 | 6 | 1 | 3 | 7 |
| 8 | 6 | 2 | 9 | 5 | 7 | 4 | 1 | 3 |
| 9 | 3 | 4 | 8 | 6 | 1 | 5 | 7 | 2 |
| 5 | 1 | 7 | 3 | 4 | 2 | 6 | 8 | 9 |
| 2 | 8 | 5 | 6 | 7 | 3 | 9 | 4 | 1 |
| 6 | 4 | 3 | 5 | 1 | 9 | 7 | 2 | 8 |
| 1 | 7 | 9 | 4 | 2 | 8 | 3 | 6 | 5 |

**On the web**

For more games and 60 additional daily cartoon strips, visit [metronews.ca](http://metronews.ca)



**Metro Recipe of the Day**



**Beef Barley Stew**

**INGREDIENTS:**

- 1-1/2 lbs (750 g) lean beef stew meat, cut into 1/2-in. (1 cm) cubes
- 1 medium onion, chopped
- 1 tbsp (15 ml) vegetable oil
- 3 cans (14 oz/398 ml) beef broth
- 1 cup (250 ml) medium pearl barley
- 1 tsp (5 ml) dried thyme
- 1/2 tsp (2 ml) dried marjoram
- 1/4 tsp (1 ml) dried rosemary, crushed
- 1/4 tsp (1 ml) pepper
- 4 medium carrots, sliced
- 2 tbsp (25 ml) chopped fresh parsley

**METHOD:**

1. In large pot or Dutch

oven, brown meat on all sides and onion in oil over medium-high heat. Add broth, barley and seasonings; bring to boil. Reduce heat; cover and simmer 1 hour.

2. Add carrots; bring to boil. Reduce heat; cover and simmer 30-40 minutes or until meat and carrots are tender. Add parsley just before serving.

**SERVES 8**

**rd.ca**

For nutritional information on this and other great recipes, go to [rd.ca](http://rd.ca) or check out Key Ingredients in this month's Reader's Digest, on newsstands now!



**Horoscopes by Sally Brompton [sallybrompton.com](http://sallybrompton.com)**

For Sally's expanded daily and weekend horoscopes, visit [metronews.ca](http://metronews.ca)

**ARIES**  
MARCH 21-APRIL 20



There are times you enjoy doing things that are random and irregular and that's the mood you'll be in today. You'll have fun if you know when to stop.

**LIBRA**  
SEPT 23-OCT 23



Upheavals are likely today but if you stay calm and focus on your long-term goals you will be strengthened rather than weakened by the day's events.

**TAURUS**  
APRIL 21-MAY 21



You will be at your best today. You don't have to take risks but if you do they will pay off and you will gain a new awareness of what is possible in your life.

**SCORPIO**  
OCT 24-NOV 22



Do something exciting today, something that sets your heart beating faster. Involve other people too: it's more fun when you share.

**GEMINI**  
MAY 22-JUNE 21



You'll learn a lot about others today by observing how they react to events. If their initial reaction is panic, then you don't want them on your team.

**SAGITTARIUS**  
NOV 23-DEC 21



Don't worry if others disapprove of what you're doing. Most likely it's a sign you're doing it right. You've never been the safe and dependable kind.

**CANCER**  
JUNE 22-JULY 22



You'll likely enjoy the shocks and upheavals taking place around you over the next 24 hours. Others may be fearful, but to you it'll be one big joke.

**CAPRICORN**  
DEC 22-JAN 20



You may be a class act but people will respond to you better today if you're a little bit outrageous in the things you say and do. Aim to go over the top.

**LEO**  
JULY 23-AUG 23



Anyone who thinks you'll give in at the merest hint of pressure is clearly a bad judge of character; they'll learn it doesn't pay to try and hustle a Leo.

**AQUARIUS**  
JAN 21-FEB 18



Move with the times today, or lose out to rivals who really are not in your league. There is no reason you shouldn't put your own interests first.

**VIRGO**  
AUG 24-SEPT 22



Aim to do something today that shakes up friends, family and colleagues and reminds them you're not the type who can be taken for granted.

**PISCES**  
FEB 19-MARCH 20



You'll do something crazy today and even those who know you will worry you may be losing your mind. But you know exactly what you are doing.

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